The Essential Understanding

1) There has never been anything to be sought; therefore, relax and witness everything that happens without wanting anything and without blaming anyone for anything — within yourself or for 'others'.

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2) Enjoy life as it happens, without hunting anyone; never forgetting the fact that the one who is destined to drown can never be hanged.

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3) "Wisdom" is knowing the difference between not hurrying and dilly-dallying, between discipline and bondage.

One morning, I was startled to see a tiny mouse scampering into a dark corner for safety; and I was even more startled to realize that the feeling I had for the little mouse, at that moment, could only be described as "love", a word I have despised as being only the opposite of "hatred", and nothing more. Now, I realized that 'love' could still be described as the basis of that 'happiness' which is our real nature, Sukha - Shanti

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Over a period of time, I have come to realize that the only way to have peace and harmony in daily life is to live in a transparently open way, and that it is possible to do so, without being a fool.